

**Rumson Crew**  
***Sponsored by Rumson Recreation***  
**Winter Conditioning Program**

Rumson Crew is offering a winter conditioning program for all Rumson and Fair Haven students in grade 9 - 12 who are interested in preparing themselves for scholastic level rowing competition this spring.

Winter conditioning will be conducted after school hours at the Fair Haven Youth Center (35 Fisk Street, Fair Haven) Mondays through Thursdays, and also on Saturday mornings. A schedule for all rowers will be made available after the registration process is completed. The program will run January 24-March 12, 2011 or until on the water workouts begin. Training will include indoor rowing on Concept 2 Indoor Rowers (Ergs).

There is a \$75 fee for this program payable to Rumson Recreation. Please complete the requested information below and submit the form to John Hird at the Rumson Borough Hall with \$75 a check payable to Rumson Recreation no later than 4:30 PM on January 7. You will be contacted regarding the day(s) and time for your sessions.

Name\_\_\_\_\_ Grade\_\_\_\_\_

Address\_\_\_\_\_ Age\_\_\_\_\_

\_\_\_\_\_

Telephone\_\_\_\_\_

Emergency Telephone\_\_\_\_\_

Email Address (parent)\_\_\_\_\_

Email Address (student)\_\_\_\_\_

Parent Signature\_\_\_\_\_